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INFORMATION,
PREVENTION AND
TREATMENT REFERRALS, AND
OTHER RESOURCES ARE
AVAILABLE 24 HOURS A DAY
FROM THE MASSACHUSETTS
SUBSTANCE ABUSE
INFORMATION AND
EDUCATION HELPLINE/
THE MEDICAL FOUNDATION.

800-327-5050
(TOLL-FREE; MULTI-LINGUAL)
TTY: 617-536-5872
WWW.HELPLINE-ONLINE.COM

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ADDITIONAL INFORMATION
AND STATISTICS ARE
AVAILABLE FROM:

- Massachusetts Youth Health Survey, October 2002
www.state.ma.us/dph/bsas
- Massachusetts Youth Risk Behavior Survey
www.doe.mass.edu/hssss/yrbs/01/results.pdf
- National Center on Addiction and Substance Abuse at Columbia University
www.casacolumbia.org
- Monitoring the Future, Overview of Key Findings 2002
www.monitoringthefuture.org
- Office of National Drug Control Policy
www.whitehousedrugpolicy.gov
- Parents. The Anti Drug
www.theantidrug.com
- Partnership for a Drug-Free America
www.drugfreeamerica.org
- U. S. Department of Health and Human Services
www.health.org

Be the first to **TALK WITH YOUR PRE-TEEN**
about ALCOHOL, TOBACCO, and other DRUGS

INFORMATION FOR FAMILIES

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ALCOHOL

► **WHAT IS IT?**

- Intoxicating agent in fermented and distilled liquors
- Also called booze, fire water, juice, beer, wine, cooler

► **STATISTICS**

- In Massachusetts, 28% of young people have had a drink before age 13.
- Almost half of 4th-6th graders say their friends want them to try alcohol.
- Most children first try alcohol between ages 10-14.
- Half of 6th graders who drink get their alcohol at home.
- 25% of 8th graders admit to being drunk at least once.

► **RISKS**

- Decreased inhibition, poor decision making, increased risk-taking
- Increase in violent behavior, injury, car crashes, sexual activity, other drug use
- Death (from drinking a large amount quickly—called “alcohol poisoning”)
- Anxiety, depression, suicide
- Liver damage, stroke, and cancer
- Addiction (alcoholism). People who begin drinking before age 15 are 4 times more likely to become dependent on alcohol than those who wait until age 21.

► **WHAT TO LOOK FOR**

- Unlocked or unmonitored alcohol at home
- Alcohol missing from bottles
- Smell of alcohol, slurred speech, trouble walking
- Unable to revive or awaken—call 911/emergency immediately.

CLICK
HERE
FOR

**SOURCES
OF
STATISTICS**